

SUPPORT SERVICES face to face



Opening Hours

- Mon 9.30am-2pm** (male worker)
- Tue 9.30am-12pm** (male worker)
- Wed 2pm-4pm** (female worker)
- Thur 9.30am-3.30pm** (male worker)
- Fri 9.30am-11.30am** (female worker)

The Support Workers can be contacted on 01473 429740

Bangladeshi Support Centre office is open Monday to Friday for 18 hours a week. We have appointed bilingual Support Worker(s) who can provide information, help and support to local Bangladeshi people on such issues as:

- BENEFITS
- COUNCIL TAX
- HOUSING
- RACIAL HARASSMENT
- FILLING-IN FORMS
- EDUCATIONAL ISSUES
- TRAINING
- AND MANY OTHER ISSUES



Safer Food Better Business!



Bangladeshi Support Centre is currently working in partnership with Suffolk Coastal District Council and Ipswich Borough Council to deliver 3 SAFER FOOD, BETTER BUSINESS! workshops for local Bangladeshi restaurants and takeaways. All 3 workshops will be delivered during March 09.

For further details contact:
Mohammed Mainul Alam "Shahin",
Training Co-ordinator

Tel 01473 400081 / 406548
Mob: 07932 644466

USEFUL LINKS & CONTACTS FOR OUR CLIENTS

Suffolk County Council's Community Learning/Skills:	0845 603 7197
Suffolk County Council:	01473 583 000
Further Educational Courses/Trainings (Suffolk College):	01473 255885
Racial Harassment Initiative:	01473 265162
Benefit Entitlement Checks:	0800 072 9006
General Benefits Enquiries:	0845 608 8618
Ipswich Borough Council:	01473 432000
Tax Credits:	0845 300 3900
Looking for a job:	0845 606 0234
Pension Service:	0845 606 0265
Social Fund Enquiries:	0845 850 0032
Ipswich Police:	01473 613500
Immigration Advisory Service:	01603 666661
Law Advice Centre:	01473 408111
Ipswich Hospital:	01473 712 233
Suffolk County Library:	01473 583710

DESIGNED AND PRINTED BY SUFFOLK DESIGN & PRINT, ST PAUL HOUSE, POPE WALK, IPSWICH IP4 1LX, TEL: 01473 664212

BANGLADESHI SUPPORT CENTRE newsletter



Bangladeshi Support Centre

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Tel: 01473 400081
www.bscentre.org.uk
Reg. Charity No. 1104502
Reg. Company No. 5088364

STAFF

- Mojlum Khan
Development Manager
- Marsha Reeves
Administrator
- Mohammed Mainul Alam
LSC Research Project Worker
- Shayra Begum
Female Support Worker
- Fotik Miah
Male Support Worker
- Shoomi Chowdhury
Women's Project Worker
- Rehana Malik
Administrative Assistant
- Tunu Miah
Housing Project Worker

TRUSTEES

- Boshor Ali
Chairperson
- Mahbub Alam Shamim
Treasurer

MEMBERS

- Ian Burnett
- Manik Miah
- Koysoor Miah



Launch of BSC website!

The staff and management committee members of Bangladeshi Support Centre are delighted to announce that our new website is now up and running. For more information about our services, trainings and activities, please log onto

www.bscentre.org.uk

ANNUAL COMMUNITY DAY 2009

Sunday 21 June 2009
from 2.00pm to 4.30pm

Last year, Bangladeshi Support Centre's Annual Community Day at the New Wolsey Theatre attracted around 400 people including dozens of guests and dignitaries. This year the event is expected to be bigger and even better.

In addition to Bangladeshi songs, dance and drama, many other interesting activities and performances will be performed by both adults and young children in order to entertain the audience. The purpose of this event is to raise awareness of Bangladeshi culture and traditions and promote understanding of people of different cultural backgrounds. This eleventh annual event is expected to be a huge success, don't miss out!



Please contact New Wolsey Theatre for tickets or alternatively call Bangladeshi Support Centre on 01473 400081/email mojlum.khan@bscentre.org.uk for further information.

An Event for the Whole Family!

EMPOWERING BANGLADESHI WOMEN

The following trainings and activities will be delivered during 2009 by the Bangladeshi - Project:

- ICT Taster Sessions
- Health and Safety in the Home
- Basic Food Hygiene at Home
- Basic Level English Classes
- Self Defence (Kickboxing or Karate) Taster Sessions
- Craft Workshop
- Educational Trip
- Sewing Class
- Exercise Class

If you would like more information about the above trainings/activities, please contact

Shoomi Chowdhury, Women's Project
Worker on 01473 429740
 or email shoomi.chowdhury@bscentre.org.uk



Bangladeshi Befriending Project



The Befriending Project's monthly over 50's Luncheon Group started in November 2008. In addition, 2 separate sessions currently take place each month for Men, held at Ipswich Mosque on the last Friday of each month and Shahjalal Mosque on the last Tuesday of each month from 1.30pm to 4.00pm. Likewise, the Ladies over 50's Group is held monthly on a Monday from 11.00am to 4.00pm. There are many exciting craft activities planned for each month followed by lunch and then a talk by guest speakers on topics such as health and well-being.

Exercise sessions are also currently taking place, every Tuesday, 12.00 – 1.00 for the Ladies and every Wednesday, 2.00 – 3.00 for the Men. The **Annual Bangladeshi Health Awareness Day** this year will be held on **Sunday 15th March 2009** at Ipswich Caribbean Association. There will be presentations on various health related subjects as well as a female doctor will talk in private to Ladies about their health, a male doctor will do the same with the Men, while a nurse will carry out blood pressure checks, etc.



If you would like more information about our Befriending Service, please contact the Befriending Project, Bangladeshi Support Centre on 01473 429740.

BSC-IBC Partnership Project

This partnership project between Bangladeshi Support Centre and Ipswich Borough Council has been running for several years now. The purpose of this project is to help and support Bangladeshi tenants with their housing queries and requirements.

Over the years, Tunu Miah, our worker has been working closely with Area Housing Offices, Tenancy Support, Community Caretakers and Benefits to resolve any issues facing Bangladeshi tenants. Bangladeshi Support Centre and Ipswich Borough Council jointly organised a Tenants Event and this event proved a success. In addition, a bilingual (English-Bengali) DVD about Tenancy was officially launched at this event. The next event is scheduled to take place in the summer of 2009.

For more information about this project, please contact Tunu Miah on

01473 433307 or 07855 540993



Training Project

Skills for Life – Developing the Workforce!

It is estimated that about 7 million people in the UK have difficulties with Basic Skills and about three and a half million of those needing support are in employment. Business are having to pay a high price for the lack of these basic skills of the workforce, in-terms of lost production, lower quality, more errors and an increased need for supervision. The Bangladeshi Support Centre is offering fully funded ESOL courses through the New ACER Stepping – Stones Project to bridge the Skills gaps of employees in Suffolk. The courses will help to:



- Build Confidence
- Improve Communication Skills
- Improve Internal Promotion Prospects
- Improve Skills Level and Qualifications
- Achieve everyday task more successfully

Are you employed or a Volunteer? Do you want to improve your English Skills?
 There are fully funded* accredited courses available now at BSC.